UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Assistance To Persons Suffering From Alzheimer's Disease

**2526-2-I0101D103**

## Aims

The course aims to develop in the students of the Bachelor's Degree in Nursing knowledge and specific skills in the care of the person suffering from Alzheimer's disease (AD), with particular attention to non-pharmacological approaches and integrated management.
With reference to the Dublin descriptors, the objectives of the course are:

1. Knowledge and understanding: To deepen knowledge about the main forms of dementia, with a particular focus on Alzheimer's disease. Understand the theoretical and applied foundations of the Gentle Care and Person-Centered Dementia Care models.
2. Application of knowledge and understanding: Apply care strategies centred on the person with Alzheimer's disease, integrating non-drug treatments with a relational and personalized approach. Promote therapeutic education interventions aimed at the person with dementia and the caregiver, aimed at improving the quality of life.
3. Autonomy of judgment: Develop the ability to assess the needs of the person affected by AD and his or her caregiver, formulating adequate and sustainable care interventions. Critically reflect on the ethical and social impact of caring for a person with dementia.
4. Communicative skills: Communicate effectively with the person affected by AD, caregivers and the multidisciplinary team, adapting language and relational modalities to the context. Promote the building of an empathic and respectful therapeutic relationship.
5. Ability to learn: Develop a continuous learning attitude, updating their knowledge in relation to the evolution of dementia care models. Integrate theory and practice to improve their professional skills even at the end of the training course.

## Contents

The approach to the person with dementia requires knowledge of the disease, the care and long-term care that progressively requires the search for solutions often more articulated in the face of the emergence of increasingly

complex needs. The degenerative and progressive character and its persistence over the years involve mental and physical disability and are accompanied by clinical instability.
This evolution of the clinical condition provokes over time an increasingly intense and difficult involvement also of the family unit and in particular of the reference caregiver. The main objective of the treatment then becomes no longer healing but the promotion of the well-being of the person and the containment of the stress of those who care for the sick, referring to a concept of well-being understood as the best functional level for that person with those AD characteristics

## Detailed program

The course aims to recognize the right approach to care to maintain the psychophysical and social balance of the person affected by dementia that the nurse takes care of in different settings: home, hospitalization in a long-term hospital, day centre or acute care unit.
Pathology, epidemiological aspects, diagnosis and treatment of DA
Cognitive Deficits and Non-cognitive Disorders Behavioral and Psychological Symptoms in Dementia (BPSD)
Assistive Approaches in Managing Non-cognitive Disorders: Non-pharmacological Treatments
Care models for Alzheimer’s patients: "Gentle Care model" and "Person Centred Dementia Care" model
The treatment of Alzheimer’s patients in hospitals and in the territory: The communities friends of dementia and presentation of the Monzese territorial reality "The Country Rediscovered"
The approach with caregivers and care issues, deontological aspects
Debates in plenary session.

## Prerequisites

Enrolment in the 2nd year of the Degree in Nursing

## Teaching form

The lesson is held in a dispensed mode in presence through frontal lesson, narration, and presentation of videos and short films related to the topic of deepening

## Textbook and teaching resource

Govoni, S., Del Signore, F., Rosi, A., Cappa, S.F., & Allegri, N. (2020) Dementia: pharmacological and non-pharmacological treatment and management of caregiver stress. SIMG Magazine, 27(5), 50-56

Geriatric Research Group (2014) Non-pharmacological Therapies in Alzheimer’s Disease: What Evidence? [online]. Available from: https://www.grgbs.it/usr_files/eventi/journal_club/lucchi_21_2_2014.pdf

Moyra Jones, (2005) "Gentlecare-A Positive Model of Care for Alzheimer’s" and Carrocci Faber

Mitchell G, Agnelli J. (2015) Person-centred care for people with dementia: Kitwood reconsidered. Nurs Stand. 14;30(7):46-50.

Tampi, R.R., Jeste, D.V. (2022) Dementia Is More Than Memory Loss: Neuropsychiatric Symptoms of Dementia and Their Nonpharmacological and Pharmacological Management. American Journal of Psychiatry, 179(8), 528-543.
Trabucchi, M., (2022) Help me remember. Dementia doesn't erase life. San Paolo Edizioni.

WEBSITE:

WEBSITE:
Alzheimer's Association (2023) What is dementia [online]. Available from: https://www.alz.org/alzheimers-dementia/what-is-dementia
A.A.N. (American Academy of Neurology) Guidelines www.aan.com
Method Validation What is the validation method? [online]. Available from: https://metodovalidation.ch/cose-validation/ Villaggio Amico (2022) What is the snoezelen method and why is multisensory stimulation important [online]. Available from: https://www.villaggioamico.it/che-cose-il-metodosnoezelen-e-perche-e-importante-la-suscitation-multisensoriale/
Ministero della Salute (2023), Demenze-Dati epidemiologici [online]. Available from: https://www.salute.gov.it/portale/demenze/dettaglioContenutiDemenze.jsp?lingua=italiano&id=2402&area=demenze&menu=vuoto
Ministry of Health (2023), National Dementia Plan [online]. Available from: https://www.salute.gov.it/portale/demenze/dettaglioContenutiDemenze.jsp?lingua=italiano&id=4231&area=demenze&menu=vuoto
https://www.alzheimer.it/2025/04/16/anche-leuropa-approva-luso-di-lecanemab-cosa-succede-adesso/

Useful sites
https://www.alzheimer.it/
http://www.alzheimer-aima.it/
https://exameron.it/
https://www.grg-bs.it/home/index.php
https://www.alz.org/
https://www.alzint.org/
https://www.formalzheimer.it/

LINK FOR ALZHEIMER VIDEOS
LINK ALZHEIMER A SPECIAL DAY https://www.youtube.com/watch?v=ihSn3CSH9WU
LINK MARTINA GOMEZ PRIMA BALLERINA: https://www.youtube.com/watch?v=ME3ideMOJws
https://www.youtube.com/watch?v=7bDnQFCMVAQ
SHORT FILM WE CAN MAKE A DIFFERENCE: https://www.youtube.com/watch?v=XRqWK8YfxVM
LINK STILL ALICE: https://www.youtube.com/watch?v=4Nl7EuuF928
LINK INTERVIEW DR. SILVIA VITALI AND DON POLITI: WHEN THE INTRUDER IS CALLED ALZHEIMER: https://www.youtube.com/watch?v=N_KHCnf0AW8
LINK GLADYS WILSON AND NAOMI FAIL VALIDATION THERAPY: https://www.youtube.com/watch?v=CrZXz10FcVM
LINK THE FRIENDLY CITY OF PEOPLE WITH DEMENTIA: https://www.youtube.com/watch?v=zsYs7iEa6m8
THE COUNTRY FOUND: https://www.youtube.com/watch?v=PFszVAVgpv8
RAI FOR SOCIAL THE COUNTRY FOUND: https://www.youtube.com/watch?v=LBnD6q088uw
PROGRAM FOR ELDERLY ISIDORA: https://www.youtube.com/watch?v=FMVIIPCRhSk
DIMENTICO by Enrico Ruggeri https://youtu.be/ShUgOt7T3vY

## Semester

2-3 academic year of the BSc in Nursing

## Assessment method

Certified attendance at the 8-hour course

## Office hours

On appointment: sandra.merati@unimib.it

## Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES | PEACE, JUSTICE AND STRONG INSTITUTIONS